



Good Grief: Finding Hope in the Necessary Losses of Being a Caregiver

To be successful as a Caregiver you likely have made changes and adjustments to your life. You may never have considered that some of the adjustments you have had to make are considered a loss.

The reason why this is important is that each loss has had an impact on you as a person. Sometimes this impact is for the better, or sometimes for the worse. It is important that you honor and acknowledge the impact of each loss so you can deal with your feelings and grow from the experience.

What losses can you identify as a result of your caregiving role?

Have you experienced job or career loss? Have you had a loss of income due to job loss or medical expenses? Have you experienced the loss of relationships, loss of goals or dreams? Have you felt physical or emotional losses?

What benefits can you identify that are the result of your caregiving role?

How have you benefited from the losses that you have experienced? Have you learned new skills? Have you learned to focus more on your relationships or what matters? Maybe you have become more skilled with finances. Have you become more confident? How have your losses helped you grow?

Methods for Coping with Loss

Recognize feelings and express them

- What feelings and losses do you need to express or vent? How might you express your feelings? Who can you share your feelings with?

Live in the Moment

- **Affirmations** – Affirmations can help keep perspective and can help bolster a positive outlook. Reading them out loud or writing them down daily can provide a soothing and supportive focus when struggling.

I am choosing to be patient, calm, adjusting and accepting. I am grateful for all that I have received.

- **Mindfulness** – Mindfulness is another method of living in the moment. There are many ways to practice mindfulness. Pause and bring your full attention to



the moment. Whether focusing on your breathing, a picture, or the sounds of nature, this attention to the moment can bring a renewed and restored presence to the day.

Focus on gratitude and express it

- What or who are you grateful for today?

Engage in activities

- What activities do you enjoy?

Connect to others

- Who might you connect with this week? How will you connect?

Get rest

- How might you get some rest?

Remember your values, beliefs, spiritual practices

- Does it bring you comfort to attend religious services, or spend quiet time reflecting on what is important to you?

Ask for help

- What help do you need? Who can you turn to for help?

Set goals for yourself

- What do you want to accomplish today, tomorrow or 6 months from now?

Exercise

- How or when might you exercise or stretch?

Ritual of letting go

- Identify a loss and create a ceremony. Honor the loss, and then release it.

Please contact your local Caregiver Support Coordinator or the Caregiver Support Line if you wish to explore this information further.